

Tangy Tahini Dressing (serves 12 at 1½ Tbsp. [22 ml] each)



servings: 2 oil

117 calories, 1 g carbohydrates, 1 g protein, 12 g fat per serving

- > ½ cup olive oil
- > ¼ cup (60 ml) sesame tahini
- > 2-3 Tbsp. apple cider vinegar
- > ½ lemon, juiced
- > 2 Tbsp. (30 ml) reduced sodium natural tamari
(GF: use wheat-free)
- > 2 Tbsp. (30 ml) water
- > 1 tsp. (1 g) dried dill
- > 1 tsp. (1 g) dried chives (optional)

Combine all ingredients in a bottle with a tight lid and shake well. Will keep for up to 2 weeks refrigerated. Shake before each use.

Thai Vinaigrette (serves 8 at 1½ Tbsp. [22 ml] each)



servings: 1½ oil

68 calories, 1 g carbohydrates, 0.3 g protein, 7 g fat per serving

- > 2 Tbsp. (30 ml) fresh lime juice
- > 2 Tbsp. (30 ml) unseasoned rice vinegar
- > 1 Tbsp. (15 ml) tamari soy sauce
(GF: use wheat-free tamari)
- > 1 garlic clove, minced
- > 2 Tbsp. (7.5 g) fresh minced mint leaves
- > 3 Tbsp. (11 g) chopped fresh basil
- > 2 Tbsp. (7.5 g) chopped fresh cilantro
- > 1 Tbsp. (6 g) fresh ginger, peeled and finely minced
- > ½ Tbsp. (7.5 ml) hot chili oil
- > 3 Tbsp. (45 ml) olive oil
- > 1 Tbsp. (15 ml) sesame oil
- > ½ tsp. (0.25 g) red pepper flakes (optional)
- > Sea salt and freshly ground pepper to taste

Blend all ingredients in a food processor or blender. When smooth, taste, and add salt and pepper as needed. If you prefer a spicier flavor, increase the red pepper.

